



IT'S TIME TO DO

**GREAT** THINGS WITH  
**SHRIMP**



## APPETIZERS & SNACKS

- 3 Thai Coconut Curry Shrimp Dippers
- 3 Tempura Shrimp with Wasabi Cream Dipping Sauce
- 4 Shrimp, Artichoke & Spinach Dip
- 4 Parmesan-Crusted Shrimp Scampi
- 5 Firecracker Shrimp Dippers
- 5 Buffalo Butterflies with Bleu Cheese Dip

## SALADS & SANDWICHES

- 6 Italian Shrimp Salad
- 6 Caribbean Coconut Shrimp Salad
- 7 Popcorn Shrimp Salad Sandwiches
- 7 Jumbo Butterfly Shrimp Autumn Salad
- 8 Southwestern Popcorn Shrimp Wraps
- 8 Mexican Shrimp Salad
- 9 Tropical Coconut Shrimp Salad
- 9 Shrimp Pita

## FAMILY FAVORITES

- 10 Island Quesadillas with Lime Sour Cream
- 10 Prosciutto-Wrapped Butterfly Shrimp
- 11 Shrimp Scampi Angel Hair Pasta with Lemon & Pine Nuts
- 11 BBQ Garlic Shrimp Pizza
- 12 Butterfly Shrimp Scaloppini
- 12 Shrimp Cakes with Grain Mustard Remoulade
- 13 Butterfly Shrimp Parmigiana
- 13 Bistro Garlic Shrimp Alfredo
- 14 Italian Shrimp Linguine with Tomato Sauce
- 14 Tangy Lemon Pepper Shrimp with Broccoli

## SHRIMP COOKING TIPS

- 15 Frequently Asked Questions from [SeaNak.com](http://SeaNak.com)



FOR MORE INFORMATION ON OUR FEATURED PRODUCTS AND  
TO SEE OUR ENTIRE PRODUCT LINEUP, VISIT [SEAPAK.COM](http://SEAPAK.COM)

## Thai Coconut Curry Shrimp Dippers

PREP TIME 10 min COOK TIME 10 min MAKES 5 servings

### INGREDIENTS

1 pkg (10 oz) SeaPak® Coconut Shrimp, frozen  
 1/2 cup Thai coconut milk  
 1 tbsp creamy peanut butter  
 1 tbsp fresh cilantro leaves, chopped  
 1 tsp Madras curry powder  
 1/2 tsp hot pepper sauce (if desired)  
 1 packet orange marmalade sauce  
 (included in package)

### DIRECTIONS

**PREPARE** the shrimp according to package directions.

**HEAT** the milk, peanut butter, cilantro, curry powder and hot pepper sauce in a 1-quart saucepan over low heat. Cook and stir until the ingredients are mixed. Do not boil or mixture will curdle.

**POUR** curry coconut sauce into a small bowl for serving. Empty orange marmalade sauce packet into a separate small bowl for serving.

**SERVE** the shrimp with sauces for dipping.



## Tempura Shrimp with Wasabi Cream Dipping Sauce

PREP TIME 5 min COOK TIME 14 min  
 MAKES 8 appetizer servings

### INGREDIENTS

1 pkg (8.2 oz) SeaPak® Tempura Shrimp, frozen  
 1/3 cup sour cream  
 1/4 cup mayonnaise  
 2 tsp wasabi powder  
 1 tsp lime juice

### DIRECTIONS

**STIR** together all ingredients (sour cream, mayonnaise, wasabi powder and lime juice) for wasabi cream dipping sauce in a small bowl. Cover bowl with plastic wrap and place in refrigerator while shrimp cooks.

**PREHEAT** oven to 425°. Place shrimp on baking sheet and bake for 14 min.

**SERVE** shrimp immediately with cold wasabi cream dipping sauce.

**COOK'S NOTE** The dipping sauce can be made a day ahead and stored in the refrigerator until time to serve. Also, creating the beautiful presentation in the picture is simple. Use sweet and spice sauce (included in the shrimp package) to create a pool of sauce on each appetizer plate. Add 2 to 3 shrimp to each plate and a small individual ramekin of wasabi cream sauce. Garnish with finely chopped green onions.





## Shrimp, Artichoke & Spinach Dip

PREP TIME 3 min COOK TIME 10 min MAKES 4 servings

### INGREDIENTS

1 pkg (12 oz) SeaPak® Shrimp Scampi, frozen  
 1 can (8.5 oz) artichokes, quartered, drained  
 1 carton (9 oz) spinach, frozen  
 1/4 cup Italian bread crumbs  
 2-4 tbsp sour cream  
 3 tbsp pre-cooked bacon crumbles  
 1 cup Parmesan cheese  
 Crackers

### DIRECTIONS

**DEFROST** spinach in microwave according to package directions and drain.

**HEAT** large skillet for 1 minute on medium-high heat. Add shrimp and sauté for 7 minutes.

**ADD** artichokes, spinach, bread crumbs, sour cream, bacon crumbles and cheese to the skillet with shrimp. Stir well to incorporate all ingredients. Cook an additional 3 minutes or until cheese is melted and shrimp is fully cooked.

**POUR** mixture into serving dish and serve with crackers.

RECIPE COURTESY OF ROBIN MILLER



## Parmesan-Crusted Shrimp Scampi

PREP TIME 8 min COOK TIME 15-20 min MAKES 2-3 servings

### INGREDIENTS

1 pkg (16 oz)\* SeaPak® Shrimp Scampi, frozen  
 1/4 cup plain dry bread crumbs  
 1/4 cup Parmesan cheese, shredded  
 2 tbsp fresh parsley, chopped  
 1/8 tsp cracked black pepper  
 1 loaf crusty Italian bread, sliced

### DIRECTIONS

**PREHEAT** oven to 425°.

**ARRANGE** the shrimp in a single layer in a large oven-safe serving dish (see cook's note below).

**STIR** the bread crumbs, cheese, parsley and pepper in a small bowl until the ingredients are mixed. Sprinkle crumb mixture over the shrimp.

**BAKE** for 15 to 20 minutes or until shrimp are thoroughly cooked. Serve immediately with bread for dipping.

**COOK'S NOTE** If you don't have a baking dish large enough for a single layer of shrimp, increase cook time.

\*IF USING 12 OZ. PACKAGE, ADJUST RECIPE ACCORDINGLY



## Firecracker Shrimp Dippers

PREP TIME 10 min COOK TIME 10 min MAKES 8 appetizer or 4 entrée servings

### INGREDIENTS

1 pkg (20 oz) SeaPak® Popcorn Shrimp or SeaPak® Shrimp Poppers, frozen  
 1 cup mayonnaise  
 2–3 chipotle peppers (add more or less for desired level of spice)  
 2 tbsp lemon juice  
 2 cloves garlic, peeled  
 1–2 tbsp fresh cilantro leaves, chopped  
 Salt and pepper to taste

### DIRECTIONS

**PREPARE** the shrimp according to package directions.

**PUT** the mayonnaise, chipotle peppers, lemon juice and garlic in an electric blender container. Cover and blend until smooth. Add the cilantro. Season to taste with salt and pepper. Pulse just until the ingredients are mixed.

**SERVE** sauce on the side for dipping or toss shrimp with sauce and serve immediately.



## Buffalo Butterflies with Bleu Cheese Dip

PREP TIME 5 min + refrigerate overnight COOK TIME 12 min MAKES 6 appetizer servings

### INGREDIENTS

1 pkg (9 oz) SeaPak® Jumbo Butterfly Shrimp or SeaPak® Butterfly Shrimp, frozen  
 1/3 cup Buffalo wing sauce  
 1 block (8 oz) cream cheese, softened  
 1 container (4 oz) blue cheese crumbles  
 1/2 cup sour cream  
 1/4 cup mayonnaise  
 1/2 tsp onion powder  
 1/2 tsp dried parsley

### DIRECTIONS

**CREAM** together cream cheese and blue cheese in a medium size bowl. Add sour cream, mayonnaise, onion powder and dried parsley. Mix well.

**COVER** bowl with plastic wrap and refrigerate overnight. The next day, prepare shrimp according to package instructions.

**TOSS** hot shrimp in buffalo wing sauce and serve immediately with blue cheese dip.





## Italian Shrimp Salad

PREP TIME 5 min COOK TIME 10 min MAKES 4 servings



### INGREDIENTS

1 pkg (12 oz) Seapak® Shrimp Scampi, frozen  
 1 can (14 oz) diced tomatoes, drained  
 2 tbsp red onion, diced  
 2 tbsp fresh basil, chopped  
 2 tbsp balsamic vinegar  
 4 slices Italian bread, cut on a diagonal  
 and lightly toasted  
 Salt to taste  
 Ground black pepper

### DIRECTIONS

**PREPARE** shrimp according to package directions.

**LIFT** shrimp from butter sauce (discard butter sauce if desired) and transfer shrimp to a large bowl. Add tomatoes, onion, basil and vinegar. Stir to combine and season to taste with salt and pepper.

**ARRANGE** bread slices on a serving platter or individual plates and spoon shrimp mixture over top.

RECIPE COURTESY OF ROBIN MILLER



## Caribbean Coconut Shrimp Salad

PREP TIME 5 min COOK TIME 12 min MAKES 4 servings

### INGREDIENTS

1 pkg (10 oz) SeaPak® Coconut Shrimp, frozen  
 1 bag romaine lettuce, chopped  
 1 cucumber, chopped  
 1/4 cup macadamia nuts, roughly chopped  
 Juice of 2 limes (about 1/4 cup)  
 2 tbsp honey  
 1 tsp red wine vinegar  
 1/4 cup olive oil  
 1 packet of orange sauce (included in package)



### DIRECTIONS

**BAKE** coconut shrimp according to package directions.

**PLACE** lettuce and chopped cucumber in a large bowl.

**WHISK** together all ingredients for dressing (except nuts) in a small bowl. Pour desired amount of dressing over lettuce and toss.

**PLACE** lettuce mixture on serving plates. Top with cooked coconut shrimp. Sprinkle with nuts as a garnish and serve.

RECIPE COURTESY OF ROBIN MILLER

## Popcorn Shrimp Salad Sandwiches

PREP TIME 7 min COOK TIME 10 min MAKES 2-3 servings

### INGREDIENTS

1 pkg (20 oz) SeaPak® Popcorn Shrimp or SeaPak® Jumbo Popcorn Shrimp, frozen  
 1 cup mayonnaise (add more if desired)  
 1/2 cup fresh onion, finely diced  
 1-2 cloves of garlic, finely diced  
 1 large hard-boiled egg, diced  
 2 tbsp dill pickle relish (or substitute diced dill pickles)  
 2-3 hoagie rolls or panini bread

### DIRECTIONS

**PREPARE** the shrimp according to package directions. Set aside to cool for 3 minutes.

**COMBINE** mayonnaise, onion, garlic, hard-boiled egg and pickle relish in a large bowl. Stir to incorporate ingredients.

**ADD** warm shrimp to mayonnaise mixture and stir until shrimp are fully coated. Spoon onto rolls or bread and serve.



## Jumbo Butterfly Shrimp Autumn Salad

PREP TIME 6 min COOK TIME 12 min MAKES 2 entrée servings or 4 side salads

### INGREDIENTS

1 pkg (9 oz) SeaPak® Jumbo Butterfly Shrimp, frozen  
 1/2 head of green leaf lettuce or romaine lettuce, chopped  
 1 pear, peeled and chopped  
 Gorgonzola cheese, crumbled  
 Walnuts  
 Freshly ground black pepper  
 Balsamic vinaigrette or dressing of choice

### DIRECTIONS

**PREPARE** shrimp according to package directions.

**DIVIDE** lettuce among 4 bowls. Add chopped pear, Gorgonzola cheese crumbles and walnuts.

**TOP** salads with shrimp. Drizzle with dressing and serve.





## Southwestern Popcorn Shrimp Wraps

PREP TIME 10 min COOK TIME 12 min MAKES 8 wraps

### INGREDIENTS

1 pkg (20 oz) SeaPak® Popcorn Shrimp  
or SeaPak® Jumbo Popcorn Shrimp, frozen  
2 cups frozen corn, thawed  
1 large red pepper, diced (about 1 1/2 cups)  
1 bunch of green onions, thinly sliced (1 cup)  
1 cup mayonnaise (use more if desired)  
1 chipotle pepper in adobo sauce, minced  
Flour tortillas  
Shredded lettuce



### DIRECTIONS

**PREPARE** the shrimp according to package directions.

**STIR** mayonnaise and chipotle pepper in adobo sauce in large bowl. Add the cooked shrimp, corn, red pepper and green onions. Toss to coat.

**SPOON** shrimp mixture on tortilla wraps with some shredded lettuce and serve immediately.



## Mexican Shrimp Salad

PREP TIME 5 min COOK TIME 10 min MAKES 4 servings

### INGREDIENTS

1 pkg (12 oz) Seapak® Shrimp Scampi, frozen  
1 can (14 oz) black beans, rinsed, drained  
1/2 cup corn kernels, canned or  
frozen and thawed  
1 can (4 oz) diced green chilies, drained  
2 tbsp fresh cilantro, chopped  
1 tbsp fresh lime juice  
1 tsp ground cumin  
4-8 oz baked corn chips  
Salt and ground black pepper



### DIRECTIONS

**PREPARE** shrimp according to package directions.

**LIFT** shrimp from butter sauce (discard butter sauce if desired) and transfer shrimp to a large bowl. Add beans, corn, chilies, cilantro, lime juice and cumin. Stir to combine and season to taste with salt and pepper.

**ARRANGE** shrimp mixture on a serving platter or individual plates. Arrange chips alongside.

RECIPE COURTESY OF ROBIN MILLER



## Tropical Coconut Shrimp Salad

PREP TIME 8 min COOK TIME 10 min MAKES 4 servings

### INGREDIENTS

2 pkgs (10 oz each) SeaPak® Coconut Shrimp, frozen  
 2 bags (10 oz each) of lettuce salad mix  
 1 cucumber, peeled and sliced  
 1 cup chickpeas, drained  
 1 mango, cut into chunks  
 2/3 cup ranch dressing  
 1 packet orange marmalade sauce  
 (included in package)  
 Cracked black pepper

### DIRECTIONS

**PREPARE** the shrimp according to package directions.

**DIVIDE** lettuce, cucumber, chickpeas, and mango chunks among 4 serving dishes. Top with warm cooked shrimp.

**WHISK** together ranch dressing and orange marmalade sauce. Add cracked black pepper to taste. Drizzle over salads and serve.



## Shrimp Pita

PREP TIME 7 min COOK TIME 10 min MAKES 4 servings

### INGREDIENTS

1 pkg (6 oz) SeaPak® Shrimp Poppers, frozen  
 4 pita halves  
 1/4 cup roasted red peppers  
 1 Roma tomato, sliced  
 1/4 cup lettuce, shredded  
 Mayonnaise or dressing of choice

### DIRECTIONS

**PREHEAT** oven to 415°.

**PREPARE** the shrimp according to package directions.

**BAKE** pita halves on baking sheet for 5 to 7 minutes.

**STUFF** pitas with lettuce, tomato, roasted red peppers and shrimp. Add mayonnaise or dressing of choice if desired.



## Island Quesadillas with Lime Sour Cream

PREP TIME 15 min COOK TIME 12 min MAKES 4 servings

### INGREDIENTS

1 pkg (12 oz) **Seapak® Shrimp Scampi**, frozen  
 4 pineapple rounds, about 1" thick  
 8 flour tortillas (fajita-size)  
 2 cups Monterey Jack cheese, shredded  
 3/4 cup roasted red peppers, chopped  
 1/4 cup scallions, chopped  
 1/2 cup sour cream  
 2 tbsp chopped fresh cilantro  
 1 tsp lime zest, finely grated  
 1/4 tsp garlic powder

### DIRECTIONS

**PREHEAT** oven to 400°. Coat a large baking sheet with cooking spray.

**COAT** a large skillet with cooking spray and set over medium-high heat. Place pineapple rounds on hot pan and cook 2 minutes per side. Remove from pan; set aside. Add shrimp to hot pan and cook according to package directions. Lift from the pan and cut shrimp and pineapple into 1/2" pieces.

**ARRANGE** 4 tortillas on prepared baking sheet. Top tortillas with cheese (1/2 cup each), shrimp, pineapple, roasted red peppers and scallions. Place second tortilla on top and spray the surface with cooking spray. Cover quesadillas with foil and bake 5 minutes. Uncover and bake 5 to 7 more minutes, until cheese melts and tortillas are golden brown. Meanwhile, in a small bowl, combine sour cream, cilantro, lime zest and garlic. Mix well.

**SLICE** quesadillas into wedges and serve with lime sour cream on the side.

RECIPE COURTESY OF ROBIN MILLER



## Prosciutto Wrapped Butterfly Shrimp

PREP TIME 5 min COOK TIME 12 min MAKES 4 servings

### INGREDIENTS

1 pkg (9 oz) **SeaPak® Butterfly Shrimp**, frozen  
 2.5 oz mozzarella cheese, cut into thin 1" squares  
 4 slices of prosciutto, cut into 12 long, thin strips

### DIRECTIONS

**PREHEAT** oven to 425°.

**ARRANGE** shrimp in a single layer on baking sheet. Place one slice of cheese on each shrimp then wrap each shrimp in a strip of prosciutto.

**BAKE** for 12 minutes. Serve immediately.

RECIPE COURTESY OF ROBIN MILLER





## Shrimp Scampi Angel Hair Pasta with Lemon & Pine Nuts

PREP TIME 6 min COOK TIME 12 min MAKES 4 servings

### INGREDIENTS

1 pkg (12 oz) SeaPak® Shrimp Scampi, frozen  
 12 oz angel hair pasta, dry  
 1/2 cup fresh flat-leaf parsley leaves, roughly chopped  
 1/3 cup pine nuts, toasted  
 Finely grated zest and juice of 1 lemon  
 Kosher salt and freshly ground black pepper

### DIRECTIONS

**BOIL** large pot of cold water and salt it generously. Add the pasta and cook, stirring occasionally until al dente, 4 to 5 minutes. Drain the pasta, reserving about 1 cup of the cooking water.

**PREPARE** the shrimp in a large skillet according to package directions.

**STIR** the lemon zest and juice into the shrimp. Add the pasta, reserved pasta water, parsley and pine nuts. Toss in the skillet to coat the pasta evenly.

**DIVIDE** shrimp and pasta among warm pasta bowls and serve.

RECIPE COURTESY OF THE FOOD NETWORK KITCHENS



## BBQ Garlic Shrimp Pizza

PREP TIME 7 min COOK TIME 16 min MAKES 1 12" pizza

### INGREDIENTS

1 pkg (10 oz) SeaPak® Garlic Herb Marinated Shrimp, frozen  
 1 12" pre-baked pizza crust  
 1/2 red onion, thinly sliced  
 1/2 red bell pepper, thinly sliced  
 1/2 cup BBQ sauce  
 1 cup shredded cheese

### DIRECTIONS

**PREHEAT** oven according to pizza crust instructions.

**PREHEAT** skillet on high for 1 minute. Add 1 tablespoon of oil and heat on medium-high heat for 1 minute. Add onion and bell pepper, and sauté for 4 minutes. Add shrimp and sauté for 4 to 5 minutes.

**SPREAD** BBQ sauce over pizza crust. Spoon shrimp, onion and bell pepper mixture on top of the BBQ sauce. Sprinkle with cheese.

**BAKE** pizza according to crust directions or until cheese is melted.

**REMOVE** from oven and serve.



## Butterfly Shrimp Scaloppini

PREP TIME 3 min COOK TIME 12 min MAKES 2-3 servings

### INGREDIENTS

- 1 pkg (9 oz) SeaPak® Jumbo Butterfly Shrimp or SeaPak® Italian Garlic Shrimp, frozen
- 1/2 cup butter
- 1 clove (about 1 tsp) of garlic, chopped
- 2 tbsp lemon juice
- 1 tbsp white wine
- 2 tsp capers (if desired)

### DIRECTIONS

**PREPARE** shrimp according to package directions.

**MELT** butter in a small skillet until simmering. Add garlic and sauté for 2 minutes stirring frequently. Add lemon juice and wine. Sauté an additional 1 to 2 minutes until mixture is bubbly.

**PLACE** shrimp on serving dish. Drizzle with hot butter sauce. Serve immediately.

RECIPE COURTESY OF ROBIN MILLER



## Shrimp Cakes with Grain Mustard Remoulade

PREP TIME 6 min COOK TIME 6 min MAKES 4 servings

### INGREDIENTS

- 2 pkgs (9 oz each) Seapak® Jumbo Butterfly Shrimp, thawed, tails removed and coarsely chopped into 1/4-inch pieces
- 1/4 cup mayonnaise
- 1 large egg, lightly beaten
- 1 tbsp fresh chives, chopped
- 1/2 tsp Old Bay seasoning
- 2 tsp olive oil
- Salt and ground black pepper
- 1/4 cup mayonnaise
- 2 tsp grain mustard

### DIRECTIONS

**COMBINE** shrimp, mayonnaise, egg, chives, Old Bay seasoning and 1/4 teaspoon each salt and black pepper in a medium bowl. Mix well and shape mixture into 4 cakes, each about 1" thick.

**HEAT** oil in a large skillet over medium-high heat. Add cakes and cook 3 minutes per side, until golden brown and cooked through. Meanwhile, in a small bowl, combine mayonnaise and grain mustard. Mix well.

**SERVE** shrimp cakes with remoulade spooned over top.

RECIPE COURTESY OF ROBIN MILLER





## Butterfly Shrimp Parmigiana

PREP TIME 5 min COOK TIME 20 min  
MAKES 3-4 servings

### INGREDIENTS

1 pkg (9 oz) SeaPak® Jumbo  
Butterfly Shrimp, frozen  
1 jar spaghetti sauce  
1 cup shredded mozzarella cheese  
1 cup shredded Parmesan cheese  
1/2 tbsp Italian seasoning  
1 small pkg angel hair pasta

### DIRECTIONS

PREHEAT oven to 450°.

ARRANGE the shrimp in a single layer in a large oven-safe serving dish. Bake for 10 minutes or until shrimp are thoroughly cooked.

BOIL 1 1/2 quarts of water for pasta.

POUR 1/2 jar of sauce into baking dish. Sprinkle 1/4 cup of each cheese over sauce. Layer shrimp on top of cheese. Sprinkle 1/4 cup of each cheese over shrimp. Bake for 10 more minutes or until cheese is melted.

ADD angel hair pasta to boiling water and cook according to package directions. Drain noodles and return to pot. Pour 1/2 jar of sauce and 1/2 cup of each type of cheese into pot and toss with pasta. Return pot to low heat, stirring occasionally for 2 to 3 minutes or until pasta and sauce are hot.

SCOOP noodles with sauce onto serving dishes. Top pasta with shrimp.



## Bistro Garlic Shrimp Alfredo

PREP TIME 5 min COOK TIME 10 min MAKES 2 servings

### INGREDIENTS

1 pkg (12 oz) SeaPak® Shrimp Alfredo, frozen  
1 cup dry small penne pasta (2 cups cooked)  
1 tbsp olive oil  
1-2 tbsp minced garlic  
1/2 cup marinated sun-dried tomatoes,  
drained and julienned  
1-2 tsp Cajun seasoning

### DIRECTIONS

PLACE alfredo sauce packet in a bowl of hot water to defrost.

COOK mini penne pasta to al dente according to package instructions.

PREHEAT skillet on medium-high for 2 minutes. Add olive oil and garlic. Add shrimp to skillet and sauté for 4 minutes, stirring frequently.

ADD alfredo sauce, sun-dried tomatoes and Cajun seasoning to skillet. Bring mixture to a simmer, stirring frequently. Toss shrimp and sauce mixture with pasta.



## Italian Shrimp Linguine with Tomato Sauce

PREP TIME 2 min COOK TIME 9 min MAKES 4 servings

### INGREDIENTS

1 pkg (12 oz) SeaPak® Shrimp Scampi, frozen  
 1/4 lb angel hair pasta, cooked al dente  
 1 can diced tomatoes with onions  
 1/4 cup white wine (or substitute  
     1/4 cup starchy pasta water)  
 1/2 cup shredded Parmesan cheese

### DIRECTIONS

**COOK** pasta to al dente. Drain and set aside.

**HEAT** large skillet on medium-high heat for 1 minute. Add frozen shrimp and sauté for 6 minutes, stirring occasionally.

**POUR** can of tomatoes and wine into skillet and stir together with shrimp. Simmer shrimp and tomatoes for an additional 3 minutes or until shrimp are fully cooked.

**ADD** cooked pasta and Parmesan cheese to pan and toss together with shrimp and tomato sauce. Add cracked black pepper to taste.

RECIPE COURTESY OF ROBIN MILLER



## Tangy Lemon Pepper Shrimp with Broccoli

PREP TIME 2 min COOK TIME 8 min  
 MAKES 2 servings

### INGREDIENTS

1 pkg (12 oz) SeaPak® Shrimp Scampi, frozen  
 1/2 lb angel hair pasta, dry  
 1 pkg (10 oz) broccoli (no sauce), frozen  
 1 tsp lemon pepper  
 2 tbsp Dijon mustard  
 1/2 cup dry white wine



### DIRECTIONS

**COOK** pasta according to package directions until al dente.

**HEAT** large sauté skillet on medium heat for 1 minute. Add frozen shrimp to pan and sauté 5 minutes.

**DEFROST** broccoli in microwave according to package directions. Drain broccoli and add to skillet with shrimp.

**WHISK** lemon pepper, Dijon mustard and wine in a small bowl. Pour mixture over shrimp and broccoli. Stir well to incorporate all ingredients. Simmer for additional 3 to 4 minutes (or until shrimp are fully cooked) stirring frequently.

**TOSS** shrimp and broccoli with pasta and serve.



## Frequently Asked Questions

Some people think shrimp is hard to make. The fact is, it's one of the easiest seafoods you will ever prepare. Shrimp requires a very short cooking time and is almost foolproof, if you know a few secrets.

### HOW LONG WILL SHRIMP LAST?

If you've made a spectacular shrimp dish, the last thing you want to do is throw away the leftovers. If you store it properly, shrimp will last up to two days in the refrigerator. Place shrimp in a small container within an hour of cooking and store it in the coldest part of the refrigerator. Your perfect dish will be ready for an encore.

### WHAT TYPES OF WINES GO BEST WITH SHRIMP?

Wine and shrimp are excellent together, but choosing the best wine depends on the type of shrimp dish you are preparing.

- Bold, complex wines are best for simple sautéed or grilled shrimp dishes. Select a crisp white like a Riesling or Sauvignon Blanc.
- For smoky barbecue shrimp dishes, choose something fruity like a White Zinfandel or even a light red wine like Pinot Noir or Merlot.
- For shrimp with richer white or butter sauces, pair with a smooth Chardonnay.

### IS IT GOOD TO GRILL SHRIMP?

Absolutely. The best way to do this is to skewer the shrimp at the head and the tail so that it curves around in a U-shape. Keep the shrimp about 4 inches above the flame. Grill until opaque and moist on the inside, about 3 minutes. Turn them once halfway through.

### WHAT IS THE BEST WAY TO SAUTÉ SHRIMP?

Place shrimp into a pre-heated pan. Stir shrimp continually over medium-high heat for about 6 to 8 minutes if frozen, 4 to 6 minutes if thawed. They cook quickly, so keep a close eye on them. The last thing you want is overcooked shrimp.

### DO I WANT TO COOK SHRIMP SLOWLY OR QUICKLY?

The key to good shrimp is to cook it quickly. Unlike meat, shrimp does not need to be tenderized by cooking. In fact, the longer you cook it, the tougher it gets. That's why it is best to begin cooking shrimp in a pre-heated pan.

**TO SEE FOOD NETWORK  
PERSONALITY ROBIN MILLER  
MAKE THESE RECIPES AND  
MORE, VISIT [SEAPAK.COM](http://SEAPAK.COM)**





Prsrt Std  
US Postage  
PAID  
Permit #5645  
Cincinnati, OH

